

FLAG FOOTBALL

START OF THE GAME

- Teams will be picked prior to the start of the game.
- Each game will start with a coin toss between the teams and the winner will have choice to whether they will play offense (receive) or defense.

GAME TIME

- There will be 4 quarters of 10 minutes each, with an intermission of 5 minutes between halves and 2 minutes between quarters.

PASSING

- All players are eligible to receive a pass.

FUMBLES

- All fumbled balls touching the ground are dead immediately at the spot the ball is and put into play at that spot.
- Any player catching a passed or fumbled ball that does not touch the ground can advance that ball.
- The offensive team may not fumble a ball forward in mid-air to advance the ball.

FLAG BELTS AND LEGAL "TACKLES"

- Each player must wear a flag belt and each team will have a different color. Every player must have their shirt tucked in their pants.
- If a player loses his/her flag belt and has possession of the ball, the defense must touch them with one hand between the shoulder and knees to make the legal "tackle".
- A legal "tackle" is made when a defensive player detaches the flag belt from the ball carrier.
- A shielding infraction will be called if a ball carrier uses his/her hands, arms, the ball or clothing to hide or prevent an opponent from pulling the flag belt.
- Any ball carrier caught wearing the belt illegally will result in penalty.
- The ball is dead if either knee of the ball carrier touches the ground at any time.

EQUIPMENT

- Only sneakers allowed (no cleats)
- No jewelry is to be worn when playing.

NUMBER OF PLAYER

- There is a minimum of 6-man teams and a maximum of 8-man teams

PUNTING/KICKING

- The referee will ask the offensive team on all fourth downs if they intend to punt or “go for it”. There are no fakes allowed.
- All players must remain at the line of scrimmage until the ball is kicked. Defensive players may attempt to block the punt as long as they do not cross the line of scrimmage.
- On a bad snap, the ball is dead where it first touches the ground.
- The kicking/punting team can never gain possession on a kick/punt. If this happens the ball will be declared dead at that spot.
- If a kickoff goes out of bounds, the receiving team has the choice of a 5-yard penalty and re-kick or it may take possession of the ball at the spot where the kickoff went out of bounds.

BLOCKING

- All blocking must be made with the blocker in an upright position with both hands clasped in front of or behind their backs or directly at their sides.
- No players may use his/her hands to go through, over, or around an opponent.
- No body blocks, roll blocks, or shoulder blocks allowed at any time.
- Offensive players may not keep their elbows out when blocking, they must be against the body.

TOUCHBACKS

- If a team intercepts a pass in the end zone and does not advance the ball out of the end zone it is a touchback. The ball is put in play on the 10 yard line.
- If a team receives a punt in the end zone and does not advance the ball out of the end zone it is a touchback. The ball is put in play on the 10 yard line.

OFFENSE

- Downs: If the offense fails to advance the ball to the next zone in 4 downs, it shall lose possession of the ball at the spot where the line of scrimmage was after the fourth down.
- To start any offensive play, including punts, the ball must be passed between the legs of the center to a teammate.
- The ball carrier may not run into a defender in an effort to prevent his flag from being removed.
- The ball carrier may not hurdle or dive in order to advance the ball. If he does the ball will be declared dead at that spot.

DEFENSE

- Defenders shall not impede the progress of the ball carrier in an attempt to remove the flag.
- It shall be illegal to dive at the ball carrier from the front. Diving from the sides and behind is legal.
- Defensive players may not contact an offensive player with extended arms.